

Take Action At the Office



- ✓ **Recycle** glass, paper, aluminum and plastics.



- ✓ **Buy recycled paper** products and supplies.

- ✓ **Work close to home** or even telecommute when possible. Sitting in gridlock wastes your time and the planet's fuel.



- ✓ **Turn down the air conditioning.**

- ✓ **Shutting off your computer** at closing time will reduce its carbon dioxide emissions by 83%.

- ✓ **Install a programmable light timer** that reduces light usage during off-peak hours.

- ✓ **Install a programmable thermostat** and talk to your employer about other ways to save energy at work.

Sources:

- An Inconvenient Truth - www.climatecrisis.net/takeaction/whatyoucando/
- TIME Magazine, April 9, 2007 (pg. 70-100)

Take Action Inside the Home



- ✓ **Get a home energy audit** to find out if your home is poorly insulated or energy efficient. Many utility companies offer this service for free. Go to www.energystar.gov for more information or contact your local utility company.



- ✓ **Replace a regular incandescent light bulb** with a compact fluorescent bulb (CFL). Check for possible rebates from your utility company.

- ✓ **Move your thermostat down** 2° in the winter and up 2° in the summer.



- ✓ **Clean or replace filters** on your furnace and air conditioner.

- ✓ **Install window shading.**

- ✓ **Install a programmable thermostat.** You can save 3% of your monthly energy usage.

- ✓ **Look for the Energy Star label** when choosing appliances.

- ✓ **Use less hot water**, by installing a low flow showerhead and washing your clothes in cold or warm water, instead of hot water.

- ✓ **Turn off and unplug appliances** not in use. Avoid using your appliances during peak hours, from 4pm to 6pm.

- ✓ **Turn down the thermostat** on the water heater and wrap your older model with a water heater blanket.

- ✓ **Switch to Green Power.** In many areas, you can purchase energy generated by clean, renewable sources such as wind and solar. To find out what is available in your neighborhood, contact the Green Power Network. www.eere.energy.gov/greenpower

Take Action In The Kitchen



- ✓ **Help reduce methane gases** by eating less meat. Methane is the second most significant greenhouse gas and cows are one of the greatest methane emitters.



- ✓ **Support your local farmer.** Buying locally will save fuel and keep money in your community. To find a farmer's market in your area, visit www.cafarmersmarkets.com



- ✓ **Buy fresh foods** instead of frozen. Frozen food uses 10 times more energy to produce and deliver.
- ✓ **Avoid heavily packaged products** and cut down on your garbage. Give back that extra napkin or sugar packet. Carry the gallon of milk by the handle instead of using a bag.
- ✓ **Buy organic foods.** Organic soils capture and store carbon dioxide at much higher levels than soils from conventional farms.
- ✓ **BYOB, Bring Your Own Bag**, when you visit the grocery store.
- ✓ **Clean your refrigerator's coils** and give it some breathing room.

Take Action On The Road



- ✓ **Cut back on driving** by walking, biking or taking public transportation.



- ✓ **Start a carpool** with your coworkers, classmates or friends.



- ✓ **Keep your car tuned up** and your tires properly inflated. Giving your engine a tune-up can improve gas mileage by more than 4%. Replacing a clogged air filter can boost efficiency by 10%. And keeping your tires properly inflated can improve gas mileage by more than 3%.
- ✓ **When purchasing a car**, choose a fuel efficient vehicle.
- ✓ **Fly less** and purchase "Carbon Offsets" to balance out your travel.
- ✓ **Travel Green.** When going on vacation or on a business trip, take your "green principles" with you.

